

Together Together We Can

Newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital

OUR FOCUS IS ON YOU

You've been diagnosed with cancer. Does that mean life should now completely revolve around medication and medical treatment? Not according to the Palliative Care Team at the Joan Karnell Cancer Center at Pennsylvania Hospital. With the only program of this kind in Philadelphia, the Karnell Cancer Center's doctors, nurses and caregivers from all walks of life are combining forces to not only offer you the best possible medical treatment but also help you attain the best possible quality of life. "Palliative care is a very holistic approach," says David Mintzer, MD, Medical Director of the Palliative Care Program at the Cancer Center. "As medicine becomes more technologically advanced, it tends to move away from focusing on the complete patient. Palliative care brings the focus back to the entire patient not just the disease."

This notion of focusing on the whole patient is part of a general, national trend in health care toward providing patients relief from pain and suffering throughout the entire course of a disease. The roots of palliative care originated in nursing and pain management and have since spread to medical institutions around the country. "The goal is to provide some type of symptomatic relief for patients no matter where they are in the course of medical treatment. The first step is recognizing a patient's need," says Dr. Mintzer.

Palliative Care, in fact, is often introduced at the time of diagnosis. "If the patient is willing, I like to meet with

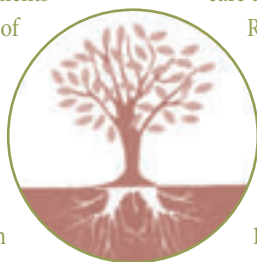
him or her and discuss the program," says Kia Witherspoon, MSN, CRNP and Palliative Care Nurse Practitioner. "It's important to realize that palliative care is not hospice care. We're trying to help patients put some normalcy back into their lives and help alleviate whatever pain they might be experiencing, whether its physical, emotional or psychological."

Funded by a three-year grant from the Betz Foundation, the Joan Karnell Cancer Center's innovative, out-patient based program offers a variety of services including: pain and symptom management, psychological support, patient and family education, social work counseling, nutritional counseling, spiritual counseling, support groups, rehabilitation, music therapy, shiatsu bodywork, art therapy and bereavement counseling. You can be enrolled in any aspect of the Palliative Care Program at any time, depending on your symptoms and needs.

The Palliative Care team meets weekly to discuss patients' needs. "We sit down as a group to discuss what we can do to make a patient's life better," says Kia. The team also works closely with your oncologist so that both your medical and palliative care treatment work in tandem with one another.

Recognizing that cancer affects the entire family, support for your family and caregivers is another essential element of the program.

For more information about the Palliative Care Program, call 1-800-789-PENN or 215-829-6466. •



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Pennsylvania Hospital is a member of the University of Pennsylvania Cancer Network

National Cancer Survivor's Day
Sunday, June 8

Celebrate L I F E

One of the ironies about cancer is that it gives all of us a fuller appreciation of life. In that spirit, Pennsylvania Hospital's Joan Karnell Cancer Center physicians and staff cordially invite you and your family to join us as we celebrate National Cancer Survivor's Day on Sunday, June 8, from 1 to 3 p.m., in the Elm Garden Cafeteria and Courtyard at Pennsylvania Hospital, Eighth and Spruce Streets. Festivities at this celebration of life will include refreshments, entertainment, a raffle and words of encouragement from other cancer survivors.

We look forward to spending time with you and your family at this joyful celebration. To register for Survivor's Day, call 1-800-789-PENN (1-800-789-7366) by May 30. •

Joan Karnell Cancer Center at
Pennsylvania
 **Hospital**
University of Pennsylvania Health System
1-800-789-PENN

THE PALLIATIVE CARE

Program

The Joan Karnell Cancer Center's Palliative Care Program includes a number of patient services:

MUSIC THERAPY

Music therapy addresses a broad range of goals associated with the emotional experience of having cancer as well as the physical symptoms related to cancer treatment. The program might be particularly beneficial to those who are fatigued, stressed and/or anxious; those who have pain and want to work through it nonpharmacologically; and those who want to engage creatively in their treatment process. Among the program's components are listening to specifically selected music to alleviate stress and anxiety; using guided imagery and music techniques to relieve pain and other physical symptoms; and using drawing techniques to creatively express and explore feelings.

PSYCHOLOGICAL COUNSELING

The psychologist's role within the palliative care team mirrors the goal of the other team members—to reduce the suffering of the patient and the patient's family. With this common purpose in mind, psychologists develop relationships with patients and families and work to support communication and flexibility between patients, families and the team. Psychologists can help the team better understand the motivations behind behavior. Active treatment can range from independent and formal sessions to consultation as well as collaborative care. Hypnosis can also be used as an adjunctive therapy for pain and/or managing stress.

SHIATSU BODYWORK

Shiatsu enhances quality of life by easing the stress, anxiety, frustration and depression that patients may experience. It can also be used to treat symptoms such as nausea/vomiting, aches/pains, fatigue, sleep disorders and a weakened immune system. By helping to reduce these symptoms, the body/mind is more able to care for itself. A session begins with some questions about a patient's illness/symptoms. A Chinese Medicine assessment then reveals the condition of the patient's energy system and guides the treatment provided. Shiatsu is usually given in a massage chair and patients remain clothed.

SOCIAL WORK

Social work offers supportive counseling to patients and their families and can be administered in a variety of ways, whether it is a one-on-one discussion with a social worker or connecting with others who have had similar experiences. Counseling may also include identifying community services that might be beneficial to patients and/or their families and helping them obtain access to these services. We can help identify services like Social Security Disability or provide other assistance related to job loss, living conditions, etc.

SPIRITUAL COUNSELING

Patients who identify needs related to faith or spiritual aspects of their lives can elect to participate in Spiritual Counseling, which has as its goal comfort for the soul. Spiritual Counseling makes the connection between faith and belief in regards to health and healing. Patients and/or their families can meet one-on-one with the Chaplain to discuss and work through their spiritual needs. •



For more information about any of these services, please call 1-800-789-PENN.



Strength for Caring:

Support for Cancer Caregivers

by Mary Pat Lynch

Strength for Caring is an educational and supportive program for caregivers of cancer patients. More than 2,000 caregivers in Pennsylvania took part in this program, both in Philadelphia and Pittsburgh, from 1993 through 1998. Initially developed at the University of Pennsylvania School of Nursing in 1993 under a grant from the Pennsylvania Department of Health, the program is currently

sponsored by Ortho Biotech, a pharmaceutical company that has developed Strength for Caring into a national program.

This program combines education about cancer — including “What is Cancer,” how it spreads, how it is treated, and how symptoms can be managed — with support for caregivers of cancer patients. Recognizing that patients are often discharged early from the hospital

and that most cancer treatment now takes place in an outpatient setting, this program focuses on giving caregivers tools to cope with their new roles. These tools include nurturing the strength of the caregiver with information on stress management, time management, how to ask for help, and local and national resources. Information on staying healthy and cancer prevention are also included. In addition, a videotape is available that explains the common emotions experienced by caregivers such as anger, depression and anxiety as a result of role changes. Basic information on caring for a patient at home is included in a separate videotape. A section of the program also deals with end-of-life issues and answers children’s questions about cancer in the family.

The Strength for Caring program is 4 to 6 hours in length and is usually given as a one-day workshop. It is facilitated by a nurse

and a social worker who are experienced in cancer care. Participants are given materials to take home on a number of subjects, such as symptom management and helpful resources. Because the focus of the program is the caregiver, patients are not encouraged to attend the program. This gives caregivers the opportunity to talk freely about their experiences and to problem solve with other caregivers.

Over the past year, a number of staff members from the Joan Karnell Cancer Center at Pennsylvania Hospital have worked along with other oncology experts to revise and update this program. The newly revised program should be available in the summer of 2003. Look for announcements on Strength for Caring in the late spring or early summer. For more information, contact Marylou Osterman at 215-829-6466 or 1-800-789-PENN. •

BE IN THE Loop



As we move through our lives, the ties that bind us to family, friends and even strangers, are vast and varied. These people, those we know and those we don’t, can offer us tremendous support. And that’s just what’s happening at Pennsylvania Hospital’s Joan Karnell Cancer Center. Here, members of the Chemo Cap Knitting Circle are using knitting needles and a few balls of yarn to make a difference in someone’s life. Some know how to knit; some don’t — but knitters of all ages and all experience levels are creating hats for our chemotherapy patients. In fact, local schools, faith communities and senior centers are also putting aside some time and effort to create and donate caps for our patients.

Sophie’s Yarns, located at 918 Pine Street, donated the needles and the yarn, and even offered




instructors at our first knitting circle. We’ve had two knitting circles so far and have others planned. If you’d like to make a difference in someone’s life, consider helping us create hats for cancer patients. Those who are interested in knitting chemo caps, need patterns or are involved in a group that would like a service project, should call Lisa Aiello at 215-829-6528. •

HEALTHY

A Program About Food,
Exercise and Body Image for Women
Post Breast Cancer Treatment

BALANCE

Debra DeMille, M.S., R.D., Nutrition Counselor



I've started a new and exciting program this year to help women who have completed their breast cancer treatment achieve a better balance between food, exercise and body image. Balance can be highly individual — what works for some breast cancer survivors may not work for others. And that's where our program comes in. By helping to educate you about healthy food choices, attitudes about the relationships we have with foods, and the importance of physical activity, we can help provide you with the tools you need to achieve a healthy balance after breast cancer treatment.

One of the most common concerns after breast cancer treatment is weight gain. This is a common side effect that can be very disturbing for many women. Although the reasons for weight gain are not fully understood, there are many possible contributing factors:

- **Increased eating due to nausea**
- **Stress eating**
- **Decreased physical activity due to the fatigue associated with treatment**
- **Hormonal changes**
- **Possible side effect of Tamoxifen**
- **Metabolic decline from treatment or the natural aging process**



*...we can help provide you
with the tools you need to
achieve a healthy balance after
breast cancer treatment.*

As part of the Healthy Balance program, you'll learn how to cope with these issues and learn about the importance of mindful eating and emotional support, which can both go a long way towards restoring balance in your life. In addition, we'll discuss avenues to increase your physical activity. Increasing physical activity can help maintain or enhance muscle mass, reduce stress and restore your energy level after treatment. Muscle also burns more calories than body fat, thereby increasing your metabolism.

Join us as we help women who have completed breast cancer treatment achieve these life-enhancing goals. We plan to continue expanding this program to provide information for both short term and long-term health benefits. Debra DeMille, M.S., R.D., Susan Kruse, RN and Michele Hyman, PhD are coordinating this program. Our next program will begin this fall. For more information, call 1-800-789-PENN or 215-829-6560. •

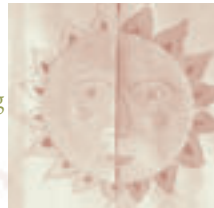
FINDING THE STRENGTH TO LIVE AGAIN: *A Creative Approach to Cancer*

Having cancer is a stressful experience, filled with many emotional and physical challenges. To help, the Joan Karnell Cancer Center at Pennsylvania Hospital offers Finding the Strength to Live Again, an interactive music and art program sponsored by Ortho Biotech. A unique program, Finding the Strength to Live Again is designed to help patients and family members explore feelings and images related to their cancer, and treatment.

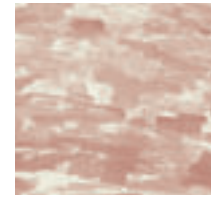
Patients are given a box of drawing materials that includes water colors, pastels, and colored pencils to use on thick drawing paper. Through guided activities, group members are given opportunities to creatively draw their own experiences of having cancer, and how this affects them. For example, patients often use the guided experiences to draw their own bodies, and the effect of cancer on their bodies. Through additional drawings and discussions, group members are better able to understand how their cancer affects them, and what it is that they need in order to better cope. Importantly, artistic skills or experience are not necessary. Everyone has the ability to express themselves creatively using the drawing materials, and the final "product" is less important than the process involved.

Drawing is a spontaneous, creative act. Many people in the group found that being creative and expressing themselves in this non-verbal way helped them to feel better, and gain a sense of control in all that was happening to them. It also helped them to look forward, and gain new perspectives.

For more information and to register for an upcoming program, contact 215-829-6466. •



Featured artwork provided by Joan Karnell Cancer Center patients.



The Leiomyosarcoma (LMS) Foundation

was established by Nancy and Edmund Hoag, Jr., not by the friends and family of Brian Monaghan as reported in our last issue. The Hoags formed the foundation in April 2000 after Nancy was diagnosed with LMS. The Joan Karnell Cancer Center at Pennsylvania Hospital thanks the LMS Foundation for its continued support. •

Welcome

Kia Witherspoon

Join us in welcoming Kia Witherspoon, MSN, CRNP, as Palliative Care Nurse Practitioner at the Joan Karnell Cancer Center at Pennsylvania Hospital. As a nurse with ten years of experience, Kia became interested in palliative care when her own grandmother was diagnosed with cancer.

"My grandmother had a lot of pain with her illness and, because I am a nurse, my family looked to me to help alleviate that pain," says Kia. "At the time, though, I was working for the Children's Hospital of Philadelphia as a pediatric nurse so I did not have experience working with

adults, let alone cancer patients." Her grandmother's experience triggered a need in Kia to learn not only how to care for cancer patients but also how to alleviate their pain.

Kia returned to school, completed her graduate degree and soon looked for work in the field of palliative care. Her dedication and compassion led Ann Berger, MD, (now Chief of Pain and Palliative Care for the National Institutes of Health) to hire her even though she had no palliative care experience. "With Dr. Berger, I learned how palliative care can really improve a patient's quality of life," says Kia. "Palliative care really involves taking the time to listen and be there for a

patient and his or her family. It involves treating whole people in addition to their medical needs."

At the Joan Karnell Cancer Center, Kia coordinates the Palliative Care Program. As such, she talks frequently to patients and matches their needs with programs or services that the Cancer Center offers. "A patient is a person first," says Kia, "and it's important that his or her quality of life is good. That's why we're all here – to do whatever we can to make a cancer patient's life better."

For more information about the Palliative Care Program at the Joan Karnell Cancer Center at Pennsylvania Hospital, call 1-800-789-PENN. •

Supportive Care Services CALENDAR

The Joan Karnell Cancer Center at Pennsylvania Hospital offers a variety of support groups to help cancer patients and their families cope with the diagnosis of cancer. Led by trained professionals, these groups offer emotional support, education, an opportunity to learn ways of coping with uncertainty and change, and a chance to meet others who face similar issues. One-day seminars are also regularly scheduled on a variety of topics for patients and families.

Look Good, Feel Better

To gain control over the cosmetic effects of cancer treatment, the American Cancer Society and experts from the cosmetic industry offer a special program for patients while they are being treated. This group is led by a registered cosmetic advisor who addresses hair and skin care issues and provides various make-up tips.

Nutrition Well Being

This workshop is designed for individuals with cancer and their loved ones to enhance nutrition knowledge and to provide skills that emphasize the role that healthy eating plays in cancer treatment and recovery.

I Can Cope

During four weekly sessions, healthcare professionals provide factual, straightforward information and answers about the day-to-day issues of living with cancer. Learn about diagnosis, treatment, side effects, emotions, self-esteem and community resources. The workshops are led by Pennsylvania Hospital professionals in cooperation with the American Cancer Society.

Strength for Caring

A one-day seminar of education and psychosocial support for caregivers of cancer patients is offered periodically during the year. This program focuses on the needs of the caregiver, including education about cancer and its treatment, how to talk to the doctor, how to deal with common emotional issues such as anger and depression, time management skills, and community resources.

National Cancer Survivor's Day

Help celebrate life with National Cancer Survivor's Day. Joan Karnell Cancer Center staff and patients (former and current) join together to honor cancer survivors and those who support them. The event highlights how cancer survivors can live active, productive lives despite the challenges they may face.

The Cancer Risk Evaluation Program (CREP)

The Cancer Risk Evaluation Program (CREP) is a clinical and research program for people concerned about their risks for cancers, specifically breast cancer, ovarian cancer, and gastrointestinal cancers. As part of the program, specialists will review a patient's personal family history, medical history and lifestyle risk factors. At the completion of the evaluation, the person will receive individualized recommendations regarding cancer screening, cancer prevention, genetic testing (if appropriate), and eligibility for participating in research (if interested).

Coming up this summer: National Cancer Survivor's Day, Skin Cancer Screening, Strength for Caring – a program for caregivers.

SKIN CANCER SCREENING

9:00 am - 2:00 pm

Friday, May 16

To register, call 1-800-789-PENN

FACING FORWARD: BREAST CANCER

Support and Information

3rd Tuesday of each month

5:30 pm - 7:30 pm

Tuesday, May 20

Tuesday, June 17

Tuesday, July 15

PERSON TO PERSON

Last Thursday of each month

5:30 pm - 7:00 pm

Thursday, May 29

Thursday, June 26

Thursday, July 31

HEALTHY BALANCE

A program about food, exercise and body image for women who have been treated for breast cancer

5:30 pm - 7:30 pm

Monday, May 19

GYN ONCOLOGY SUPPORT GROUP

2nd Monday of each month

4:00 pm - 6:00 pm

Monday, June 9

Monday, July 14

NUTRITION WELL BEING

The first session is for patients currently on treatment; the second is for patients who have completed treatment.

Tuesday, May 6

5:00 pm - 7:00 pm

Tuesday, May 13

5:00 pm - 7:00 pm

NATIONAL CANCER SURVIVOR'S DAY

Sunday, June 8

12:30 pm - 3:00 pm

Call 1-800-789-PENN to register

Meetings are held in the Conference Room, Farm Journal Building, 2nd Floor, 230 West Washington Square. Registration is required. For more information, call 215-829-6466.

Supportive Care Services programs are offered throughout the year. Please be aware that this is only a partial listing. Dates may be subject to change due to scheduling conflicts or inclement weather.


Save the Date Monday, September 8

Leda Kanoff Silva Cancer Foundation Golf Classic
at Edgemont Country Club

To benefit the Palliative Care Program at the Joan Karnell Cancer Center
For more information, call 215-829-6466

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